

ABSTRACT OF THE DISCLOSURE

An exercising device includes at least one actuating grip adapted to be actuated by a user for exercise, and a counteracting force generating member configured to act upon the actuating grip with a counteracting force. The actuating grip and the counteracting force generating member are connected relative to each other through a tensing member and a power ratio varying member. The power ratio varying member is a drive wheel unit which includes at least two disc-shaped wheels that have different diameters, that are coaxially coupled to each other, and that are non-rotatable relative to each other. A coupling unit is disposed to permit the tensing member to engage a selected one of the two disc-shaped wheels.